

Marketing Cooking Service



Food After Holiday Features Simplicity

Dishes Particularly Easy to Digest Suggested After Strain on Digestive System By Democrat Expert

(By BEATRICE HALL)
you sit around the table after
hing the big Christmas dinner, mable to move after so much turkey, does it not seem as though you ist could not eat for another week The housewife is able to sit back in comfort, satisfied that all her plans and work involved in preparation have been fully repaid by the looks and actions of her guests.

In spite of the fact that no one may be interested in food again that day, the following day will bring as many hungry mouths as there are persons in the household. Because of the work and expense connected with the holiday dinner, it is only right that the meals of the next few days be simple. As there is strain on the digestive system from candy and big dinners with rich food, dishes that are particularly easy to di-gest should follow the holiday meals. Perhaps the best possible food is milk, for it is easily digested and nutritious. If it is used in combination with other foods left from the big dinner, it serves the double duty of providing an excellent dish and cuts down expenses by using

A delightful way to use up some of the vegetable and meat left over from Christmas day is called "Meat-Potato Nest." The turkey or other meat is cut into small pieces and combined with gravy. Usually there is not enough gravy left from dinner to go very far so that com-bining what there is with a medium cream sauce works very well in supplying both body and flavor. The cold mashed potatoes are also used in this dish prepared by beating thoroughly potato and egg yolk in the prepared by the cold mashed potatoes are also used in this dish prepared by beating thoroughly potato and egg yolk in the proportion of one egg yolk for each cup of potato used. The po-tato is then either forced through a pastry tube or dropped lightly from a large spoon onto a buttered baking sheet. A hollow is made in the center of each and the nests filled with the meat mixture. Then the nestsare baked in a hot oven until the potato has browned. A pancake turner should be used to remove to the serving dish.

few simple recipes for the use of food left over from the holiday dinner and recipes that are nutritious and not over-rich, are suggested here for your convenience.



The Vogue For MIXED VEGETABLES

Well blended vegetables are like well blended colors. They produce harmony. Every housewife knows how important it is to get a variety of vegetables into the family diet, and how difficult it is in hous where Mary likes one vegetable and Johnnie likes another. The task of scrapping, dicing and cooking takes

Canners have produced a harmony of flavor and taken a task off the ands of the housewife, in preparing delicious canned mixed vegeta bles. You will want to know lots of us ways to serve them this winter. For example:

For Chilly Days
Scalloped Mixed Vegetables: Turn
the contents of one No. 2 can mixed
vegetables which have been drained, nto a buttered baking dish, and pour over one-half cup of cream. Mix together one-fourth cup grated heese and one-fourth cup buttered crumbs, and sprinkle over the top. Brown in an oven. This serves five

Baked Stuffed Peppers: Cut off the stem ends of six or eight medium-sized green peppers and re-move the seeds and membrane. Parboil for two or three minutes in coiling water and drain. Combine the contents of one No. 2 can mixed vegetables with one cup of white sauce. Season well and fill the peppers with the mixture. Top with buttered crumbs. If desired, a square of sliced cheese may be placed on each pepper. Place close together in a shallow plan and sur-round with a little hot water. Bake until tender and browned, or about thirty minutes. This serves sex per-

Vegetable Pie: Turn drained vegetables from a No. 2 can of mixed vegetables into a buttered baking sh and pour over the contents of one 10%-ounce can of tomato suop. Roll out biscuit dough, cut in rounds and lay on top. Bake for fifeen to twenty minutes in a hot oven. This serves eight persons.

SEEDLESS PERSIMMONS GROWN

Eastland, Tex. (U.P.)—Seedless persimmons, result of many years experimentation, are the boast of J. Y. Jordon of Eastland. Considered rarities by nurserymen, the seedless variety have been grown by leaden for 18 years. ordon for 16 years.

MISSOURI GOES BACK TO FARM blumbia, Mo. (UU.P.)—Missouri s gone back to farming, accord-to recent figures published by College of Agriculture here. ere are now 1,340,000 acres more farm aind than in 1930, and 22,-514 more farms.

FUR ANIMALS SCARCER nuebec, Que. (U.P.)—Quebec's fur ustry is in danger of becoming ned because of the depletion of bearing animals, J. Betts, &rec-of the fur-bearing branch of the MEAT SOUFFLE

(Ham, Chicken, Beef) 3 tbsp. butter 4 tbsp. flour 1 cup milk 1-4 tsp. salt

Few grains cayenne 3 egg yolks 1 cup cooked ground meat 3 egg whites Make a white sauce of the butter,

flour, milk, and seasonings. Cool the sauce slightly; stir in the unbeaten yolks, and then the meat Beat the egg whites stiff but not dry; fold in the dish; bake in a moderate oven (350 degrees F.) until firm in the center or 30 to 45 minutes. When done, the mixture will nont adhere to the tip of a knife insereted in the center. Serve immediately.

Creamed Celery
For 2 cups of diced cooked celery, prepare I cup of medium white sauce. Reheat the celery in the white sauce. Practically every vegetable left from a meal can be used again by creaming. A medium white sauce is generally made and cheese melted in the sauce makes a change that adds interest to the dish.

Winter Recipes By BETTY BARCLAY

Here are two interesting recipes calling for the use of natural, un-sweetened Hawaiian pineapple uice. The pudding may be stored in its closed container in the re-frigerator for several weeks and reheated by steaming for forty-five minutes. The milk shake is just the thing after a game of bridge

STEAMED FRUIT PUDDING

1 cup chopped suet 1 cup molasses 1 cup Hawaiian pineapple juice 31/2 cups flour 2 teaspoons cream of tartar

1 teaspoon salt 1 teaspoon cinanmon 1/4 teaspoon cloves ¼ teaspoon nutmeg

1 teaspoon soda

teaspoon mace Grated rind of 1 orange or

1 cup raisins 14 cup currants

½ cup chopped citron ¼ cup candied orange peel. Combine the suet, molasses and oineapple juice. Sift together twice the flour, cream of tartar, soda, salt, an dspices, and stir into first mixture. Add the remaining ingredients. Grease mold, or empty coffee can, and fill 2-3 full of the mixture leaving room for it to rise. Cover and place on a rack in a leep, covered kettle and steam 5 hours. Serve with hard-sauce or any desired liquid sauce. 12 to 14 servings.

HARD SAUCE 4 tablespoons butter % to 1 cup powdered sugar 4 teaspoon vanilla Iteaspoon Hawaiian pineapple

Cream butter thoroughly. Add sugar and flavoring gradually. Chill.

4 servings. PINEAPPLE MILK SHAKE

cups milk 1 cup Hawaiian pineapple juice 4 scoops ice cream (vanilla) Place all ingredients in a mixer

Mason jar, and shake well. Malted milk may be added if de-

FRANKFURTERS BAKED IN ROLLS
14 cup irradiated evaporated milk ½ cup potato water ½ cup mashed potatoes

tablespoon sugar 1/2 teaspoon sale 41/2 cups bread flour 1-4 cup sugar 1-4 cup butter

1 egg

1 cake compressed yeast 24 frankfurters Add milk and water to potatoes When lukewarm, dissolve in it the yeast, salt and the 2 tablespoons sugar. Add 2 cups the flour. Beat thoroughly. Cover and let rise un-til light and full of bubbles. Add the butter and remaining sugar and egg and mix thoroughly. Add enough of the remaining flour to make dough. Knead well. Place dough in a greased bowl, grease dough lightly, cover and set in a warm place to rise until double in bulk. Toss on a slightly floured board and knead lightly. Roll dough to ½ inch thickness. Cut in strips about 3 x 4 inches. Wrap a frankfurter in each, being careful to press dough firmly. Place in oiled baking pans, being sure that rolls do not touch. Let rise in warm room 1 hour. Bake in a hot over 400 degrees F.) 30 to 45 minutes, depending upon size of rolls. Yield:

24 rolls. And this unusual, food contains a whole half cup of irradiated evaporated milk rich in vitamin D. So, ye merry home-makers, plung into the cooking fray some night with frankfurters balled in rolls and hear the fam-ily shout with glee!

FRIDAY - SATURDAY IMPORTED PLUM PUDDING Regular \$1.79 Special \$1.43

FOWL FOR FRICASSEE ender—Meaty 83c ea CLOSE'S RIBBON CANDY 2 Pound Box Regular 39c—Special 31c SARATOGA POTATOES

Thin—Crisp 47c lb. CALIFORNIA PEAS Well Filled Pods 3 quarts for 37c HEWITT'S COFFEE Z pounds for 44c

"Now the New Year Awakens Old Desires"



BY BETTY BARCLAY

Boil pineapple juice with a piece

Modern Waldorf Salad

1/2 cup sweet pickles, sliced cross

Core red apples and dice without peeling. Combine apples, celery, walnuts and pickles. Add sufficient mayonnaise to bind ingredients and

Roasted Brazil Nuts

To roast nuts in the shell,

arrange Brazil nuts in the shell on

a baking sheet and bake 20 to 25

minutes in a moderate oven 350 degrees F. Remove from oven and

Shelled nuts. To roast, shelled

nuts demand only 10 to 12 minutes

in a moderate oven. As soon as

they are roasted, remove from oven

and sprinkle generously with salt.

Twelfth Night Cake

teaspoons double-acting baking

1/2 cup butter or other shortening

cups sifted cake flour

14 teaspoon salt

a cups sugar

cup milk

crack with Amazon nut cracker.

1 cup celery, finely cut

1/2 to 3/4 cup mayonnaise

with crisp lettuce.

½ cup walnut meats, broken

2 red apples

... and, as every woman knows, a man's chief desire is for good of lemon rind. In another pan melt baking powder and salt, and sift the sugar to a golden brown, add together three times. Cream The clever wife knows that dishes too often served, pall on the tablespoon of water and stir into appetite. She also knows that sauce to thicken it. Boil 5 minutes. there are enough new dishes so there are enough new dishes so be served hot or cold with puddings that she can, if she wishes, prepare completely different menus from one year's end to the next.

What, for instance, could be more delicious for New Year's Day breakfast than pineapple juice griddle cakes with pineapple sauce? Or for lunch than a brand-new kind of salad? Or for dinner than a fluffy, attractive cake? But see for yourself . . .

> Pineapple Griddle Cakes For New Year's Breakfast

cups flour 4 teaspoons baking powder 1 teaspoon salt 1 tablespoon sugar

eggs 1 cup undiluted evaporated milk 1 cup Hawaiian pineapple juice 2 tablespoons melted shortening Sift dry ingredients together. Beat eggs slightly with milk. Stir liquid into dry mixture, adding the pineapple juice last. Add melted shortening and drop at once by spoonfuls on a hot griddle. (For thin cakes add more pineapple juice.) Yields about 30 cakes.

Pineapple Sauce for Fritters cups Hawaiian pineapple juice Lemon rind

Juice of 1 lemon

Stormy Weather Dish

By BETTY BARCLAY

In a pan or chafing dish blend

Shoulders FRESH 1b

Sausage OUR BEST

Hams FRESH

1 teaspoon vanilla 3 egg whites, stiffly beaten

cheese is thoroughly melted and blended. Drain and flake I can of It's cold and stormy outside. You do not want to wade through snow salmon and add to the rarebit. Stir to the store—but you must have a main! dish for dinner. All right Take a can of salmon from your as little as possible and serve piping hot on rounds of buttered whole emergency shelf and trying the fol-

HOTEL ROOMS PIPED FOR BEER

Copenhagen (U.P.)-Denmark is two tablespoons of flour with 2

A fresh supply of Land O' Lakes and other Northern

Turkeys for New Year's. Turkeys for large New Year's Eve

Parties, just call your nearest Fulton Market, and your re-

quests will be cheerfully filled to your entire satisfaction as

not allow to brown. Add 1 pint of with hot and cold running water. milk, stirring constantly. Cook for a few minutes. Add ¼ pound Amerciety of Civil Engineers, opened here ican cheese, grated, and season with recently, is piped not only for water salt, pepper, paprika and a generous but also for ice-cold beer. pinch of dry mustard. Stid until

Night Cake.

LIVESTOCK FEED "CANNED"

milk, a small amount at a time,

beating after each addition until

smooth. Add vanilla; fold in egg

whites quickly and thoroughly.

Bake in two greased 9-inch layer

pans in moderate oven (375° F.)

25 to 30 minutes. Double recipe

Insert dried bean in one layer and

cover layers with Fluffy Frosting,

piling frosting very generously on

Christmas Crèche, toy village, or

Fluffy Frosting

2 teaspoons light corn syrup

Combine egg whites, sugar,

water, and corn syrup in top of

double boiler, beating with rotary

egg beater until thoroughly mixed.

Place over rapidly boiling water,

beat constantly with rotary egg

beater, and cook 10 minutes, or

until frosting will stand in peaks.

Remove from fire; add vanilla and

beat until thick enough to spread.

Makes enough frosting for Twelfth

3 egg whites, unbeaten

21/4 cups sugar

1/2 cup water

11/2 teaspoons vanilla

for three 10-inch layers.

moisten well. Pile into salad bowl Christmas Crèche, toy village, or or heap on small platter, garnished conventional holly or mistletoe

design.

Spur, Tex. (U.P.)-Farmers and ranchers in West Texas are "canning" livestock feed this year as never before. Thousands of trenches are being dug and in them is being buried all surplus cattle and live-

Poland has a better-movies drive.

cticut

Operaled

CONF. BROWN, POWD.

Tested Recipes

NOODLES WITH TOMATO SAUCE

1 cup water

1 teaspoon salt 1/4 teaspoon black pepper 1/4 cup Parmesan cheese (grated)

2 cups tomatoes 1/4 cup olive oil

Bay leaf 1 tablespoon sugar 1 onion 1/2 pound noodles

Add the black pepper to the olive oil and cook for two minutes. Cook the chopped onion in the oil, being careful not to brown it. Add the tomato paste, mixed with water (or the tomato puree) in three portions, allowing the mixture to boil up after each addition. Add tomatoes Sift flour once, measure, add bay leaf and salt and cook for 45 minutes. Put in the sugar and cook 15 minutes longer. Cook noodles in butter thoroughly; add sugar gradboiling salted water, drain and serve ually, creaming until light and mixed with the tomato sauce and sprinkled with the grated cheese. fluffy. Add flour, alternately with

PLUM PUDDING.

2 tablespoons gelatin 1/4 cup cold water 2 cups scalded milk

11/2 squares chocolate 1 cup eugar

¼ teaspoon salt ½ teaspoon vanilla ½ cup seedless raisins

1 cup dates and figs mixed, chopped 1/4 cup citron, chopped top of cake. Decorate with a

Soak gelatin in cold water five minutes and dissolve in scalded milk. Add chocolate and when melted add sugar and salt. Remove from stove and when mixture begins to thickens, add all other ingredients. Turn into a mold which has been dipped in cold water. Chill. When set, remove to serving plate, garnish with chopped nuts. Serve with whipped cream.

CREAM SCONES. Mix and sift 2 cups flour, 1/2 teaspon salt, 4 teaspoons baking powder and 2 teaspoons sugar. Work in 4 tablespoons butter, using tips

of fingers. Add one egg, well beat-en, and % cup cream. Mix well with a knife. Toss on floured board and roll to %-inch thickness. Cut in 3-inch squares, brush with egg-white and sprinkle with sugar. Bake in quick oven (450 degrees F.) 15

CRANBERRY and RAISIN SAUCE Make cranberry sauce as you would for plain sauce, using 1 pound berries, 1/2 cup water, 1/4 cup sugar. Cook until the berries pop, then add ½ cup seedless raisins and cook until the sauce begins to thicken. Pour into molds or a pretty bowl and set to cool and stiffen. This makes a sauce of a sause of a marmalade consistency an entirely new flavor.

Roast Chicken

Fruit Cup or Shrimp Cockts Browned Mashed Pota Brussels Sprouts or Spi Current Jelly Macaroon Ice Cream Coffee

Temato Cocktail Roast pork with sage stuff Grilled Tomatoes Buttered Onions Plum Jelly Deep-Dish Apple Pic-Coffee

EAT

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Seltd. EGGS 2 dz. 55C

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Onions, 3 lbs. 10C